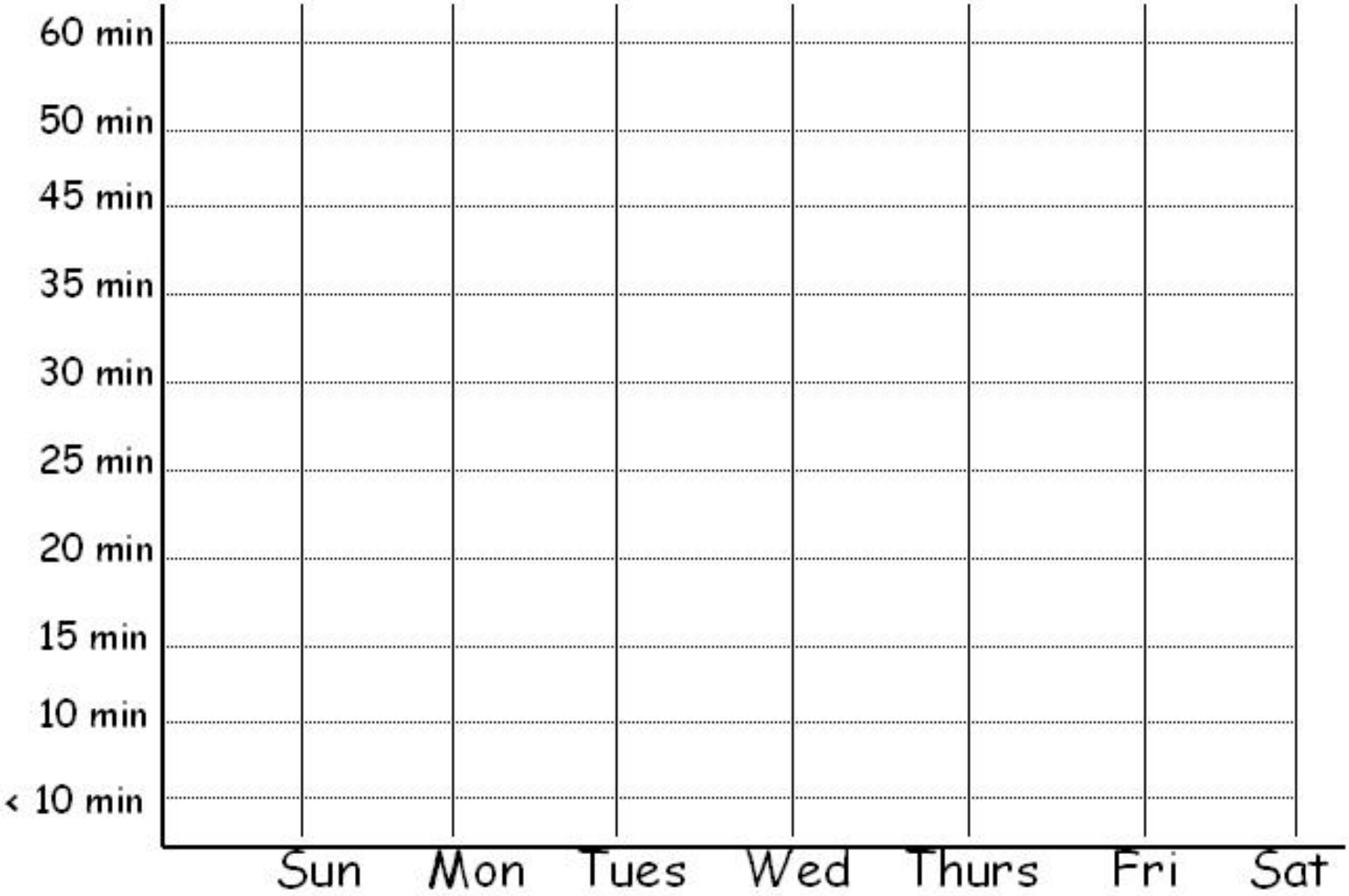
Week: ____

Physical Activity Progress Chart